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## ABSTRACT

This document provides a start-up guide to video and videoconferencing in distance education. The first section provides an introduction to video technologies for distance education, including advantages and disadvantages. The second section covers traditional videoconferencing, including equipment and costs, videoconferencing tips, room and camera set-up, presenter strategies, and encouraging interactivity. The third section addresses desktop videoconferencing over the Internet, including equipment and costs and Internet conferencing software. The fourth section looks at video broadcast, focusing on the broadcasting of courses over the local cable television network at Carleton University (Ontario). The fifth section describes video streaming, including producing streaming video, tips for effective video streaming, and video CD. (Contains 24 references.) (MES)

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